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☐ 1: Hum Nutr Clin Nutr. 1982;36(2):135-9.

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The relationship between plasma ascorbate and lipid concentrations in fasting men.

Burr ML, Bates CJ, Milbank JE, Yarnell JW.

A study was undertaken to investigate the relationship between vitamin C status and plasma lipid concentrations in 97 fasting men. Plasma ascorbate was found to be negatively associated with total cholesterol and positively associated with both high-density lipoprotein (HDL) cholesterol concentration and the HDL/total cholesterol ratio (P less than 0.05 in each case). There was no association between ascorbate and triglyceride levels. In view of the relevance of HDL cholesterol to ischaemic heart disease these associations may have some clinical importance, although they were all rather weak.

PMID: 7107319 [PubMed - indexed for MEDLINE]

Related Links

Ascorbic acid and plasma lipids.
[Epidemiology. 1994]

Vitamins, lipids and lipoproteins in a healthy elderly population.
[Arterioscler Thromb. 1983]

Concentrations of high density lipoprotein cholesterol, triglycerides, and total cholesterol in ischaemic heart disease.
[BMJ. 1999]

Lipid concentrations in serum and EDTA-treated plasma from fasting and nonfasting normal persons, with particular regard to high-density lipoprotein cholesterol.
[JAMA. 1983]

Factors associated with plasma lipids and lipoproteins in type 1 diabetes mellitus: the EURODIAB IDDM Complication Study.
[Diabetes. 2001]

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